

NEWS RELEASE

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Corporate Wellness Luncheon Helps Area Businesses Create Employee Wellness Programs

(Temple) – On Tuesday, May 22 at 11:30 a.m. the Temple Mayor’s Council on Physical Fitness will host a special luncheon designed to provide helpful information to local employers who are concerned with rising healthcare costs and employee wellness. The Second Annual Scott & White Health Plan Corporate Wellness Luncheon will be held at the Frank W. Mayborn Civic & Convention Center (3303 N. 3rd Street). This year’s special guest speaker is David Atkinson, M.B.A., with Cooper Corporate Solutions.

“We are very excited to have Mr. Atkinson as our keynote speaker,” said Ken Cicora, Temple Parks and Leisure Services Director. “He is an expert on health and wellness particularly in regards to corporate healthcare.”

The Corporate Wellness Luncheon is geared towards businesses of all sizes and is designed to provide information to teach wellness and human resource professionals how they can create and implement their own wellness program.

“Employers are feeling the pinch of rising healthcare costs. Mr. Atkinson will show you how to create a wellness program that will reduce medical costs, increase productivity, and lower absenteeism,” said Cicora. “This information can ultimately save your organization hundreds of thousands of dollars.”

All area business owners, human resource professionals, and anyone involved or interested in starting a wellness program are encouraged to join us for lunch and network with other local businesses to find out what has made their programs successful.

“Wellness programs are for companies of all sizes, and an effective wellness program can be fairly inexpensive and can actually save the company money in the long run.

“The Mayor’s Council on Physical Fitness promotes healthy living throughout the community and we are excited to be able to offer the Second Annual Corporate Wellness Luncheon,” said Cicora. “Last year’s attendees took away valuable information and left motivated, both personally and professionally.”

The Corporate Wellness Luncheon is open to all area business owners or employers. There is no charge for the lunch; however, space is limited. Individuals interested in attending should reserve their space by May 15th online at www.GetFitTemple.com or by contacting Chuck Ramm at 254.298.5544.

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